



TOUGH TIMES

KEPT IN PEACE

(ISAIAH 26:3-4)

1 CHOOSE AN IMAGE

Consider these images. Overall, do you feel more peaceful or more anxious after taking these images in, and why?

2 READ THE SCRIPTURE

Those of steadfast mind you keep in peace—in peace because they trust in you. Trust in the LORD forever, for in the LORD GOD you have an everlasting rock.

-Isaiah 26:3-4

3 REFLECT Ask some or all of these questions, depending on your context and timeframe

- Look at the images again. Settle on one that captures you the most. Ask Jesus: “In what way are you communicating peace to me through this image?” Wait to sense His response. What did you learn?
- What does a “steadfast mind” mean to you?
- Name something tough that’s looming large in your life—how is Jesus giving you peace in the shadow of that situation?
- What has strengthened your trust in Jesus, and what has challenged it?